

3

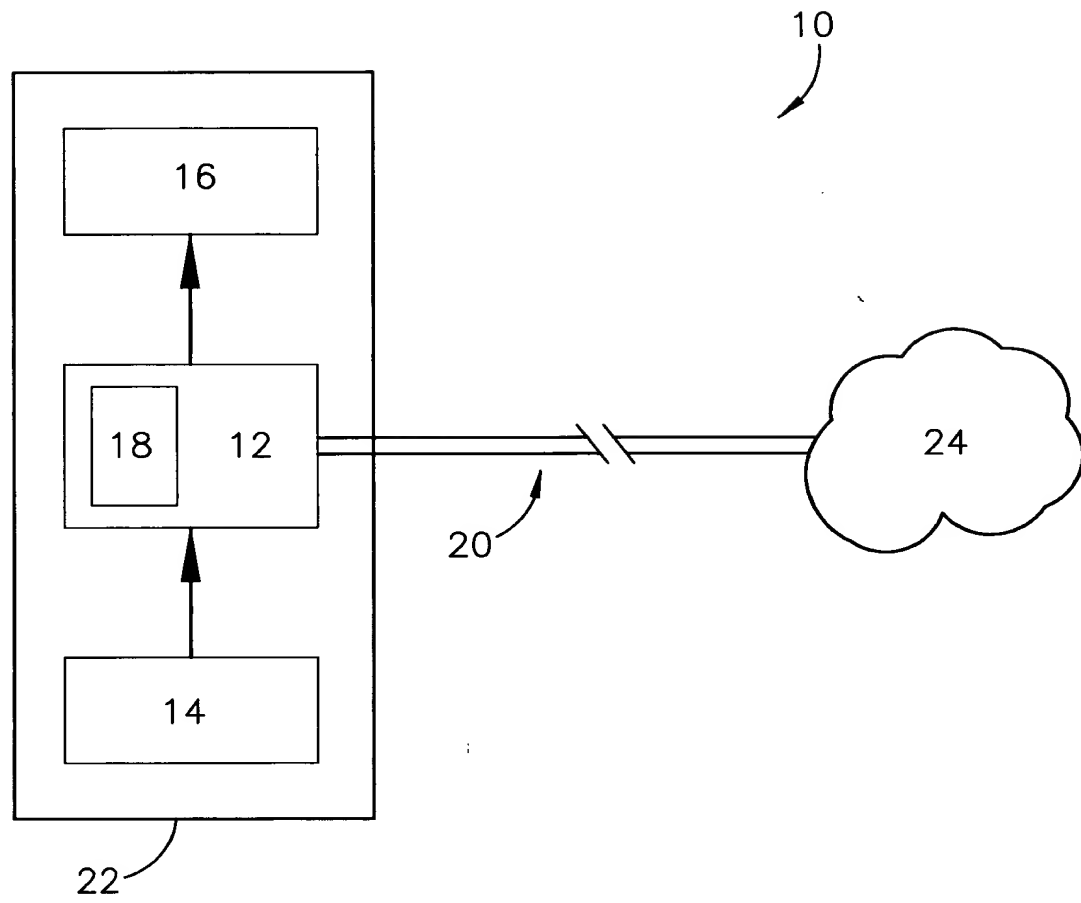


FIG. 1

John Doe

FileMenuOptionsHelp

4652

Look up:

Go For It

34

Be Careful

54

Stop... Think

56

32

30

48

50

44

36

42

38

40

70

74

76

72

Food	Fat	Calories	Eaten	Food	Fat	Calories	Eaten	Food	Fat	Calories	Eaten
Ambrosia salad	0	70	0	Chicken, broiled	4	187	0	Almonds	14	180	0
Apple	0	85	0	Chocolate Shake	12	451	0	Avocado	20	202	0
Applesauce, unsweetened	0	74	0	Chocolate milk, 2%	5	200	0	Bacon	9	109	0
Apple juice, unsweetened	0	50	0	Chuck roast, trimmed	6	178	0	Beef Jerkey	3	70	0
Apricot, raw	0	74	0	Coffeeecake	7	150	0	Beef Brisket	26	325	0

Sunday, May 13, 2001

Target Values:

30

1500

Calories

	4/15	4/16	4/17	4/18	4/19	4/20	4/21	4/22	4/23	4/24	4/25	4/26	4/27	4/28	4/29	4/30	5/1	5/2	5/3	5/4	5/5	5/6	5/7	5/8	5/9	5/10	5/11	5/12	5/13
Jan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Feb	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mar	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apr	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
May	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Jun	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Jul	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Aug	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sep	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oct	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Nov	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dec	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Jan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

FIG. 2

John Doe

File

Menu

Options

Help

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34

54

56

44

48

50

30

Lookup:

Go For It

Be Careful

Stop... Think

Food	Fat	Calories	Eaten	Food	Fat	Calories	Eaten	Food	Fat	Calories	Eaten
Ambrosia salad	0	70	0	Chicken, broiled	4	187	0	Almonds	14	180	0
Apple	0	85	0	Chocolate Shake	12	451	0	Avocado	20	202	0
Applesauce, unsweetened	0	74	0	Chocolate milk, 2%	5	200	0	Bacon	9	109	0
Apple juice, unsweetened	0	50	0	Chuck roast, trimmed	6	178	0	Beef Jerky	3	70	0
Apricot, raw	0	74	0	Coffee cake	7	150	0	Beef Brisket	26	325	0

38

40

Sunday, May 13, 2001		Target Values:		Calories	
Jan	100%	Feb	100%	Mar	100%
[0]	100%	[0]	100%	[0]	100%
Apr	100%	May	-17%	Jun	49%
[0]	100%	[6]	49%	[0]	100%
Jul	100%	Aug	100%	Sep	100%
[0]	100%	[0]	100%	[0]	100%
Oct	100%	Nov	100%	Dec	100%
[0]	100%	[0]	100%	[0]	100%

FIG. 3

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New Food Items

Category

☐ Green ☐ Yellow ☐ Red

Food Name

Fat Grams 0

Calories 0

Portion

Accept Cancel

60

FIG. 4

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**Joe Belly Buster™ Table of Contents**

The Screen

Tracking

Is this really you?

Setting the date and calendar stuff

Setting targets

Entering Food Consumed

Adjusting/Correcting Consumption

Counts vs Percentage, Remaining

Customizing the Menu

Adding New Menu Item

Changes on existing items

Removing Menu Item

Reporting

Hints

FIG. 5

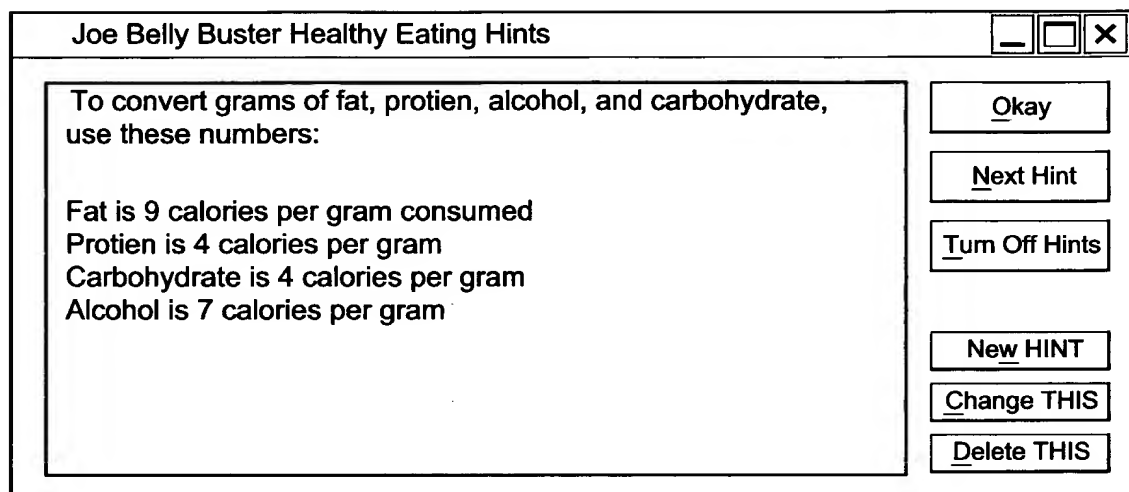


FIG. 6